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*Based on A Consumer's Guide to Medicaid and Child Health Plus Managed Care Plans in New York City 2018.
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ELLEN DEGENERES

The comedy star returns with a new
Netflix stand-up special. 17

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**James Dolan sets price for
hypothetical Knicks sale. 26**



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**Don't cook on Christmas Eve — go out
instead. 20-21**

DOOBIE-OUS GOALS

Among the highlights of his State of the
State address on Monday, Gov. Cuomo
announced plans to legalize recreational
use of marijuana by adults in 2019. 4, 6



REUTERS



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► **Disgraced Moonves denied \$120M by CBS. 13**

THINGS
TO
KNOW

WILL DRICKEY, DIGITAL REPORTER

Gov. Cuomo's State of the State address showed a promising vision of a more just New York, especially with his promises of campaign finance reform and a green New Deal. But I'm not going to hold my breath for the administration to make good on its promises. After all, the Democrats had an ambitious roadmap and a bicameral majority in 2008, too. And while marijuana legalization is sure to get people excited, Cuomo's silence on what he will do for those currently serving for drug offenses is cause for concern.

WELCOME TO
METRO.USSTATUE OF LIBERTY CLIMBER
GUILTY OF TRESPASSING

IA woman who climbed the Statue of Liberty's stone pedestal to protest U.S. immigration policy declared in federal court on Monday she would do it again to call attention to the plight of families separated at the border and was found guilty of trespassing. Therese Patricia Okoumou, 44, was also convicted of interfering with governmental administration and disorderly conduct before a U.S. magistrate judge in New York City. Each misdemeanor count carries a maximum sentence of six months in jail, according to Nicholas Biase, a spokesman for the U.S. Attorney's Office in New York.

Okoumou, a native of the Democratic Republic of Congo, who the New York Daily News said became a U.S. citizen in 2016, remains free pending her sentencing on March 5, 2019, Biase said. In a statement announcing the guilty verdict, U.S. Attorney Geoffrey Berman said Okoumou's actions "went well beyond peaceable protest." "It was a crime that put people at grave risk," he said, calling her conduct "dangerous and reckless." Okoumou was arrested on July 4 after she scaled the base of the statue and began a three-hour standoff with police that led to the evacuation of the landmark.

RUSSIA USED SOCIAL
MEDIA FOR US MEDDLING

2Russian interference in the 2016 U.S. presidential election on social media was more widespread than previously thought and included attempts to divide Americans by race and extreme ideology, said reports by private experts released on Monday by U.S. senators from both parties. The Russian government's Internet Research Agency, based in St. Petersburg, Russia, tried to manipulate U.S. politics, said the reports, one by social media analysts New Knowledge and the other by an Oxford University team working with analytical firm Graphika. The twin reports largely

verified earlier findings by U.S. intelligence agencies, but offered much more detail about Russian activity going back years that continues even now, said the reports and senior lawmakers. For instance, one Russian troll farm tried to encourage U.S. "secessionist movements" in California and Texas, the New Knowledge report said. "This newly released data demonstrates how aggressively Russia sought to divide Americans by race, religion and ideology," said Richard Burr, the Republican chairman of the U.S. Senate Intelligence Committee, in a statement.

EMPIRE STATE BUILDING CELEBRATES
30TH ANNIVERSARY OF 'THE SIMPSONS'

3Bart, Homer, Lisa, Marge and Maggie Simpson visit the Empire State Building to celebrate the 30th anniversary of "The Simpsons" on Monday.

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FLYNN'S EX-BIZ PARTNER
SECRET TURKEY LOBBYIST

4An ex-business partner of former U.S. national security adviser Michael Flynn and a businessman with ties to Turkish government officials have been charged with undisclosed lobbying aimed at the extradition of a Muslim cleric living in the United States. Flynn's former partner, Bijan Rafiekian, was indicted on two criminal counts, including conspiracy to act as an agent of a foreign government, according to a grand jury indictment unsealed on Monday in the Eastern District of Virginia. Ekim AlpTekin, a

Turkish-Dutch businessman, was charged for allegedly plotting with Turkish officials to cause the extradition of Turkish Muslim cleric Fethullah Gulen and for lying to the FBI about his efforts, among six total counts. The charges underscored the broadening impact of Special Counsel Robert Mueller's investigation, which is focused on possible collusion between Russia and President Donald Trump's 2016 election campaign but which has led to at least four spinoff probes including the case against AlpTekin and Rafiekian.

'JUSTICE' NAMED WEBSTER'S
2018 WORD OF THE YEAR

5"Justice" is what most people sought on Merriam-Webster, among the world's most popular dictionaries, as the U.S. publisher named that principle of being fair as the Word of the Year for 2018. Users looked up the word 74 percent more often than in 2017, said spokeswoman Meghan Lunghi for the website, which claims to be "America's most trusted dictionary." The surge was prompted by specific uses of the word such as "obstruction of justice," after U.S. President Donald Trump tweeted in August that Attorney General Jeff Sessions should stop Special Counsel

Robert Mueller's investigation into Russia's role in the 2016 election, the company said in a statement. "It's often familiar words for abstract concepts that are among the most looked-up words," said Emily Brewster, associate editor for Merriam-Webster, in the statement. "When common words like justice are used in contexts that are very specific, technical, or legal, people look them up in the dictionary for the detail and nuance that a definition can provide." "Justice" joined Dictionary.com's "misinformation" and the Oxford English Dictionary's "toxic" as top words of the year.

STATS

GOV'T SHUTDOWN

The federal government could face a partial shutdown in five days, due to an ongoing standoff over funding for the border wall. When asked if the president was willing to shut the government down if he doesn't get border wall funding, White House senior adviser Stephen Miller said, "If it comes to it, absolutely. This is a very fundamental issue." Do you think there will or will not be a government shutdown in five days?



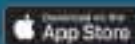
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NEWS

Cuomo's State of the State agenda promises legal consumption of weed but no amnesty.



WILL DRICKEY
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Gov. Andrew Cuomo's State of the State address laid out his ambitious legislative plans for the coming year on Monday. Among progressive policies discussed, including marijuana legalization and infrastructure overhauls, Cuomo repeatedly sought to draw a comparison between his agenda and FDR's New Deal.

"Gov. Cuomo has moved to replicate the Roosevelt record in New York state," stated Harold Holzer, a historian and longtime Cuomo family aide. The question on the

Green New Deal, recreational marijuana by 2019, Cuomo promises in State of the State



Gov. Andrew Cuomo announced a sweeping progressive agenda, but failed to mention amnesty for drug offenders or Medicare for All. GETTY IMAGES

administration's mind, he added, is "What would FDR do today?"

Fundamentally, Cuomo's plans for New York's state government, newly with Democratic majorities in both the Assembly and the Senate, is a repudiation of the federal administration.

"Let us announce New York's rebellion against our current administration," Cuomo declared. "Let this agenda be New York's Declaration of Independence."

Cuomo declared his intent to enshrine in New York state law legislation under threat by the Trump

administration, to include protection for pre-existing conditions and insurance exchanges established by the Affordable Care Act (ACA) under Obama.

Another break from federal policy on Cuomo's agenda is the legalization of recreational marijuana, thereby joining a number

of other states, including California, Colorado and Washington.

"Let's legalize the adult use of recreational marijuana once and for all," Cuomo said.

Looking to the future, Cuomo plans to legalize marijuana consumption in the state this year. However he was silent on the subject of amnesty for those currently serving prison sentences for marijuana possession, which, despite equal usage among all races, is disproportionately black.

According to New York's "Under Custody Report," there were 6,520 people serving felony sentences for drug offenses as of Jan. 1, 2016. Of these prisoners, twice as many are black as are white.

"The fact is we have had two criminal justice systems: one for the wealthy and well off, and one for everyone else," Cuomo declared.

According to The New

York Times, yearly tax revenue on the drug could be as high as \$1.3 billion, though this budgetary boon does not account for the reduced costs in arresting, prosecuting and jailing future pot users.

Such a windfall could prove vital, as in addition to marijuana legalization, substantive infrastructure reforms were a highlight of Cuomo's address. After already proposing a \$100 billion infrastructure budget in the past, Cuomo announced that it would be increased significantly, reaching \$150 billion, and promised that it would not only improve New York's roads, bridges and trains, but provide thousands of "good, middle-class jobs." Additionally, he announced plans to fund public housing in New York more than ever before, but did not give any specific numbers as to what that amount might be.

For more, go to metro.us.

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What will be the effects of legalizing marijuana in New York City?

Pot taxes could take a chunk out of the MTA's debt crisis, but advocates worry that people of color may be left behind.



WILL DRICKEY
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The news is in: If all goes according to Gov. Andrew Cuomo's legislative plan, adult recreational marijuana use will be legal by 2019. The question now remains: How will they go about it?

"As he moves to legalize marijuana in 2019, Cuomo must prioritize racial justice and empower communities of color harmed by the war on drugs," stated Amelia Adams, a spokeswoman for We Rise to Legalize, a coalition of advocacy

groups such as the National Action Network and the Conference of National Black Churches.

Decriminalization

According to amnesty advocates, legalizing marijuana for recreational use does little to help the people (and predominantly people of color) who have historically been disproportionately arrested for nonviolent drug offenses.

"New York should give the first licenses for selling legal marijuana to New Yorkers convicted of nonviolent marijuana-related crimes and to minority- and women-owned businesses," Adams continued. "The new legal marijuana industry in New York will create thousands of new jobs and new opportunities for entrepreneurs and businesses."

Such a move would prevent multinational



GETTY IMAGES

corporations from shutting out smaller businesses, as well as redress years of biased enforcement of the law.

Once marijuana does become legal, the question remains as to what should be done about those who are already

serving jail sentences for nonviolent drug offenses. According to Adams, amnesty is the answer.

"A truly equitable and fair adult use program would expunge nonviolent marijuana convictions from New Yorkers' records, expand re-entry

programs to people impacted by the war on drugs, and invest profits from new marijuana sales into communities of color," Adams stated.

Regulation

Legalized marijuana use won't just affect smokers, however. Allowing the drug to be sold legitimately opens up new areas of regulation, as well as new sources of tax revenue.

According to a November proposal drafted by NYU researchers Dr. Mitchell Moss, Kelsey McGuinness and Rachel Wise, New Yorkers purchase between 6 and 10 million ounces of pot every year. According to their research, New York could raise as much as \$677 million by applying standard sales tax alone. Where should this money go? In Dr. Moss' view, the MTA.

"Without additional revenues to pay for the repair and modernization of the subways, it will be difficult for riders to sustain their trust in the subway system," the researchers wrote. "Legalizing and taxing cannabis should be considered in designing any policies to improve the mass transit and commuter rail systems under the control of the MTA."

NYU researchers aren't the only ones espousing this plan. Former New York City Council Speaker and public advocate candidate Melissa Mark-Viverito has also expressed support for funding the MTA with drug taxes, in a plan called "Weed for Rails."

"Given the size of New York's population, the marijuana market here has the potential to yield \$1.3 billion annually," said Mark-Viverito.

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ZABAR'S

Important Knee Arthritis Pain Alert:

Study Finds Updated Treatment Helped Avoid Knee Replacement Surgery For 75% Of Worst Cases At Least 7.3 Years ...

NYC - What would it be worth to you if... in just 60 minutes... you could finally discover a way to get relief for your knee arthritis pain?

And...

How would it feel if you could wake up tomorrow morning and some... or even all your pain was gone?

And...

Wouldn't it be wonderful to start a brand new life and leave all your pain and suffering behind?

A life where...

...you jump out of bed in the morning, well rested and ready to take on the new day, without pain...

...you don't have to take slow, limping laps around your bedroom just to be able to walk every morning...

...you can go for walks, go up and down stairs and maybe even play sports like tennis and golf again...

...you can finally do all the things and enjoy life (just like everyone else) without constant, nagging pain...

Well... that's exactly what can possibly happen to you if you spend just 60 minutes with us...

...Because that's all it will take for one of our expert doctors to show you what we believe to be the safest, and most effective knee arthritis pain treatment there is...

I know you may find this hard to believe. Just about every one does when we tell them about this... at first.

But it doesn't take long for them to turn from skeptic to raving fan as soon as their pain improves so fast.

Do You Have An Open Mind?

So, I'm not asking you to believe me just yet. All I ask is you approach this and read the rest of this information with an open mind. If you give us a chance, we promise, you won't be disappointed...

Because There is Proof Real medical proof.

Here it is. A leading Orthopedic Surgeon and knee pain expert was getting excellent results with this non-surgical treatment on his own patients. In fact, this study involved almost 2000 patients followed over 10 years.

And more specifically, he was getting amazing results the way HE was doing this treatment using high tech imaging for precise technique... just like we do it...

And he wanted to prove... beyond a shadow of a doubt... the results he got... were not only REAL... they could most likely work for others just like you.

So he conducted some research, an 11 year project, and is was published in the "Journal of Knee Surgery"... a Real and REPUTABLE medical journal (A copy of this research is available on our website or by mail)

What were his results and what do they mean for your pain?

In this study he found that 75% of the severe knee arthritis pain patients he treated... and were facing knee replacement surgery... did not need to have knee replacement surgery... and were still OK 7.3 years later!

This is incredible news for you - and here's why...

The patients in this study were Stage 4 knee arthritis. That's the most advanced and worst stage. These are the cases that are usually sent for knee replacement surgery.

These patients had also gone through the common medical treatments like pain and anti-inflammatory pills, physical therapy etc. and all that had failed.

So... these were the WORST cases of which every thing else had failed ... YET, after this treatment, 75% still did not need knee replacement even more than 7 years later.

And it gets better. The study only collected data up to that time. It is pretty safe to say that many may never need surgery.

Bottom line: This study clearly showed this treatment is safe and extremely effective even for even the worst cases.

So, even if you aren't one of the worst cases... imagine what it can do for you.

What IS This Treatment And How Can You Find Out If It Can Help You?

As studied as this treatment is.... you may have an "Oh No!" reaction. Why? Because there is a very good chance you have heard of it. You may have even given it a try... and NOT gotten good results.

That's because this treatment is actually pretty common now a days. But... and this is a very big BUT... there is a very specific way to apply this treatment (as done in the study) that makes it so successful. And many are NOT doing it this way.

So... please hear us out. This really might be the answer you are looking for.

Ok... here is the treatment and the full scoop on why it works so well... when done THIS WAY.

The treatment is called "viscosupplementation." It is frequently called, "gel treatment." Or "joint oil".

In this treatment, a gel is painlessly injected directly into your arthritic joint. This lubricates the joint, reduces friction... and allows more movement without all the inflammation and "grinding" caused by arthritis. This is like putting oil on a rusty hinge. Once the oil is applied, the hinge can move much better.

But here is something you must know: In that research project, all of the procedures were done with highly advanced imaging to guide the injections and make sure the gel got into the joint space area ultra-precisely.

This is EXTREMELY important... because... research also shows that injections done WITHOUT this imaging to guide them... can miss the joint space about one third of the time.

That means, in one third of the injections, the gel wasn't in the joint space and couldn't possibly work!!!

We feel this is why so many people have tried this treatment and DIDN'T get good results like in the patients in this research.

So, if you have already had this treatment and it didn't work... was it done with this advanced medical imaging?

If not... there is still hope.

In fact, there is a very good chance you can still get relief.

Here is why: NYC Pain MD is a medical clinic located at 65 Broadway Suite 1004 New York, NY 10006.

We have physicians who focus in this treatment... and we use the advanced imaging to make sure the treatments are extremely precise and get the best results possible.

In fact, we have a doctor trained at the University of Pennsylvania School of Medicine, Cornell University and even Harvard Medical School.

We have the best... but we also make treatments VERY affordable

Just because we offer the best possible treatments and doctors... doesn't mean we are so expensive only rich people can get our wonderful treatments.

While treatments may be covered by Medicare and some insurances... we also offer pricing plans for as little as \$13.57 per week so patients can finally relieve their pain and try to avoid surgery.

We don't want lack of insurance or money to be the reason you continue suffering.

Your Special Invitation...

If you have knee arthritis pain... and are even



Study shows this treatment was successful in 75% of knee arthritis pain sufferers... saving them from surgery for at least 7.3 years. Will it work for you? Find out for FREE

just a little interested in finding out what this treatment can do for you... we are inviting you to come in for a FREE screening appointment.

During this screening, you will get to talk to the doctor... ask questions... and find out if you qualify.

We will go over everything with you... and you will breathe a big sigh of relieve finally having real answers and a specific plan to to possibly relieve your pain.

We will leave no stone unturned... and we will help you any way we can.

Please understand this:

This treatment can possibly take away your pain...

No matter how long you've been suffering. It really doesn't matter. It may take a little more time if you've been suffering for years as opposed to a "new" case... but in the end... you can still get tremendous results...

No matter how bad or helpless you THINK your case is. Many of our patients thought their case was hopeless, too far gone, for anything to help them. Many of their previous doctors told them that. Well you're NOT. With this treatment... the way our expert doctors do it... there is *always* hope.

Most of our patients have told us we were their last resort. Last stop before packing it in and completely giving up and submitting to surgery. They soon found out that our treatments made it really easy to get relief... and, best of all...

You Get To See If You Qualify For FREE

That's right. We want you to see EVERYTHING first hand and to prove to you... without a shadow of a doubt... we have the help for your knee pain that you are desperately wanting. And we want to do it without you spending a penny or risking anything to find out.

That's why we are offering you this free screening.

So my big question for you is - is the opportunity to wake up tomorrow morning... and every other morning for the rest of your life... with less pain... worth the 60 minutes it will take to be evaluated?

What else could you possibly do with that same 60 minutes that could have such a profound impact on the rest of you and your family's lives? You know, it's really disappointing to me that so many people just go on living with pain when you don't have to. So many of patients tell us how they used to be in pain... just about every day.

They were in so much pain... they were grumpy and miserable all the time. They hated work. They're relationships were strained. Life was just one big struggle. Now that they've discovered what we will reveal to you at your free screening... all that's changed...

Work and family have become rewarding

and fun. Life is so much easier and better... in so many ways... without the pain. Finally, things start falling into place the way you always thought they would.

One of the best things or physicians and staff hear is "Hey doc since starting this program I've lost 17 pounds because now that I can finally move around pain-free the weight just keeps coming off!"

Which one of those amazing things I just mentioned would you like to happen to you... right now.

Maybe it's none of the things I've mentioned. But, you do have hopes and dreams. We all do. And pain robs you of the opportunity to live out those hopes and dreams. Robs you of the life you really and desperately want... and deserve.

Whatever YOUR personal hopes and dreams are... They are all possible if you take action... right now.

All you have to do is give this a chance and schedule for the screening. But then again...

What's also possible is that your pain starts getting worse. And that happens to so many people from just doing nothing.

Taking action may seem like a little work... or... it may even be a little scary for you - but not taking actions is almost always worse. The eight most dangerous words to your future, your health, and your hopes and dreams just may be...

It Will Just Get Better All By Itself!

Fact is... it may only get worse.

Here Is How To Get Your Free Screening...

Just call us at 877 380 8537 and tell the scheduling coordinator you want your free screening. If you are one of the first 50, it is 100% free. No obligation or strings attached.

There is NOTHING to pay for and you will NOT be stressed in any way. We don't ever do that. You see, is not uncommon for us to get over 100 new patient calls in a single day.

Most are from word of mouth. But we wanted to open up this opportunity to as many arthritis pain sufferers as possible.

But because we get so many calls... we can only take 50 from what you are reading this month.

You have absolutely zero to lose and possibly everything to gain. But due to high call volume, we suggest you call now. **877 380 8537**



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EXCLUSIVE



Brian Taylor, owner of Harlem Doggie Day Spa, is one of 20 New York City small business owners to receive a grant award from the NYC Dept. of Small Business Services' "Love Your Local" initiative.

BRIAN TAYLOR

NYC awards \$1.8M in grants to small businesses

These grants help small businesses like Harlem Doggie Day Spa stay open and continue to make NYC neighborhoods vibrant, one business owner said.



KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Harlem Doggie Day Spa is more than a place where people can drop their pups off for a haircut. The business has worked hard to be a part of the community, owner Brian Taylor says, and an initiative by the NYC Department of Small Business Services (SBS) wants to make sure it and other local shops stick around.

Through its NYC Love Your Local effort, SBS is awarding \$1.8 million in total grants to help 20 neighborhood businesses with project funds and expert advice. The small businesses will receive grant awards of up to \$90,000.

Harlem Doggie Day Spa is one winner, and Taylor said he cried when he first got the news.

"Grants like this help local businesses continue to keep their doors open," he said.

He first applied for the grant two years ago, outlining his ultimate vision for his business on the application. Harlem Doggie Day Spa offers grooming and dog-walking along with day care services and

cage-free boarding for both dogs and cats when pet owners go away, all within a 1,000-square-foot space with a small

"I love when I walk around and see the dogs I have groomed. [Their owners] can talk to me because I live right on that same [block], that's the fun thing."

Brian Taylor

backyard.

Taylor needs a bigger space, he said, so he can service more pets, and the grant money could help make that a reality. He also wants to get his mobile grooming service off the ground and expand his work with a summer youth program that trains at-risk kids as interns.

"In New York, the hardest thing to get is commercial real estate. First, you gotta have a whole lot of money, you gotta commit, you gotta pay that rent," he said. "If a business is not doing well in two years, you're basically out."

If you have a good track record and a couple of years of turning profit, you're in a better position, but "you might need a boost to help you get there," he added, and that's where grants like this come in.

Harlem Doggie Day Care has been in Ham-

ilton Heights for eight years. Taylor lives across the street from the small business and before that, lived right above it, so that he could watch the boarded dogs overnight. (Now he and his team rotate that duty, he said.)

The shop has partnered with local organizations like the annual Hamilton Heights pet parade and started a "no poop left behind" effort to keep the area's streets clean. Being so ingrained in the neighborhood makes his business more personal.

"I love when I walk around and see the dogs I have groomed," Taylor said. "[Their owners] can talk to me because I live right on that same [block], that's the fun thing."

Before Harlem Doggie Day Spa, Taylor was in banking, but it wasn't his passion. This is, and it's that effort by all small businesses, he said, that makes New York City neighborhoods so great.

"I shop at my local deli because it's convenient for me, and I know my barber and I know my dry-cleaning guy. I know every single one of them ... and at the end of the day, I appreciate them," he said. "When you go to these places and see people passionate about what they're doing, it's part of what the neighborhood is. When you take that away, then what?"

For the full list of the 20 NYC Love Your Local grant awardees, go to metro.us.

2018 WellCare® COMMUNITY HEROES AWARDS

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The **2018 WellCare Community Heroes awards** are based on nominations received from Brooklyn, Kings, Bronx, New York, and Queens. WellCare's Community Connections sponsor the Community Heroes award program to recognize unsung heroes in our communities. The awards honor community members and healthcare professionals who take action to improve our communities.

2018 Award Honorees



Honoree: Joseph Corace, CBO Grant Recipient: Kiwanis (center) joined by WellCare Associates

For the past three decades, **Joseph Corace** has been serving his community, through Kiwanis. Corace joined Kiwanis in 1984, and is a charter member of the Mapleton Kiwanis Club, serves as the club's president. He also serves on the board of VISIONS/Services for the Blind and Visually Impaired and has been active in the Brooklyn School for Special Children, the Coney Island Sharks Football Association and the Rory Sparrow Foundation.



Honoree: Nakiyia Jada Hawthorne, CBO Grant Recipient: Alliance for Positive Change (center) joined by WellCare Associates

Jada Hawthorne sought out the Alliance for Positive Change for healthcare and community services. Since then, she has made it her mission to help others. Today, as a client liaison with the Alliance, Jada is the first person program participants meet when they walk in the door, and she greets them with enthusiasm and passion.

About WellCare Health Plans, Inc. Headquartered in Tampa, Fla., WellCare Health Plans, Inc. (NYSE: WCG) focuses primarily on providing government-sponsored managed care services to families, children, seniors and individuals with complex medical needs primarily through Medicaid, Medicare Advantage and Medicare Prescription Drug Plans, as well as individuals in the Health Insurance Marketplace. WellCare serves approximately 5.5 million members nationwide as of September 30, 2018. For more information about WellCare, please visit the company's website at www.wellcare.com.

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The votes are in and the Holland Tunnel gets a new look

The Port Authority rearranges the holiday decorations on the tunnel signage.



WILL DRICKEY
will.drickey@metro.us

Never say that your vote doesn't count, at least in New York. After a commuter with OCD described the Holland Tunnel decorations as a "nightmare" and launched a Change.org petition to change the position of the wreath over the "N," the Port Authority held a poll over the weekend to gauge what the New York body politic wanted for the tunnel.

The results? Coming in with over 80 percent of the vote, New Yorkers overwhelmingly preferred moving the Christmas tree from the "N" to the "A," and removing the circular wreath over the "U" altogether.



JOE SHLABOTNIK / FLICKR

"If there were a ladder here today, Rick [Cotton] and I would get up there and move that tree over to the A," Port Authority Chairman Kevin O'Toole said after announcing the poll's results. "But we're told there's a safety concern right now."

Rather than risk their own lives, the Port Authority instead planned to shut down one of the tunnel's lanes Monday evening to allow a road crew to safely relocate the festive wreaths.

The effort to change the Holland Tunnel

decorations was started by Cory Windelspecht, after making an impassioned argument that, in addition to being "just unsightly," the bizarre wreath placement would have a negative impact on the 1 to 3 percent of commuters passing through the area who suffer from obsessive-compulsive disorder.

"OCD is characterized by obsessions and compulsions that take up at least an hour a day — but usually longer — and cause significant distress," Windelspecht wrote.



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HRA guards to blame for escalating Jazmine Headley incident, NYPD review says

The NYPD officers involved in the forceful arrest of Jazmine Headley, which included tearing her 1-year-old son out of her arms, will not face discipline, with the department instead stating that a "strenuous review" found that Human Resources Administration personnel escalated the incident.

"This incident was chaotic and difficult to watch, and clearly something went wrong," NYPD Commissioner James O'Neill said in a statement.

Human Resources Administration (HRA) personnel escalated the situation, per the report. NYPD officers on scene repeatedly asked Headley to leave the benefits office, as HRA officers first directed, according to the department.

After a "terse" exchange between Head-



REUTERS IMAGE

ley and an HRA security guard, she tried to leave, but the guard grabbed her arm and they all fell down, according to the review. This is where the video began and when NYPD officers began to arrest her.

When the HRA guard grabbed her arm, Headley went into "defense"

mode, she told The New York Times.

"In my head, I told myself they're not going to let me leave," she said. "I was so afraid. I was combative with my thoughts."

The NYPD did not interview the HRA officers for their review, at the request of the Brooklyn as-

sistant district attorney.

The two HRA officers involved have been suspended without pay, according to an HRA report. The officers said Headley was the one to escalate the situation, biting an officer and using her baby as a shield. Disciplinary charges will be filed against the HRA

officers, which could lead to them being fired.

Headley plans to sue the city, she told the Times, to prevent this situation from happening again to anyone else.

"It's the story of many other people, it's not just my story," she said. "My story is the only one that made it to the surface."

The NYPD plans to review its tactics for officers in situations where someone is holding a young child. The department will also establish guidelines concerning interactions between HRA and NYPD officers, identifying the agency and supervisor ultimately in command, as well as plans to deploy an NYPD supervisor when officers are responding to calls at HRA centers.

NYC Department of Social Services Commissioner Steven Banks is ordering that, going forward, HRA peace officers do not request the intervention of the NYPD without first contacting the center director or deputy director to try to defuse the situation. The department will also retrain all officers, emphasizing de-escalation, within the next 90 days. KRISTIN TOUSSAINT



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Google planning \$1B expansion in Hudson Square — is NYC ready?

With the Google Hudson Square expansion and Amazon HQ2, is New York City infrastructure ready to handle these tech giants?



KRISTIN TOUSSAINT
kristin.toussaint@metro.us

not only compete with but surpass Silicon Valley," she said, "because we literally don't just have a tech industry, we've got technology transforming all our major industries."

But Amazon HQ2 has drawn criticism, including over how it may cause an influx of workers. New Yorkers wonder how that increase will affect the already-fraught subway and housing market.

This is a concern that Wylde, as the head of a city business leadership organization, hears as well.

"The capacity of the city to support new job creators is something that we have to deal with [regarding] our transportation system, housing and services," she said. "But cities grow or die, so our job is to keep pace, to make sure that services and infrastructure keep pace with economic growth."

But those aren't the only infrastructure concerns, according to Shrihari Pandit, CEO of Stealth Communications, a New York City-based internet service provider.

"New York City's electrical system is over 100 years old," he said in an email. "A decade ago, specialized media and high-tech companies only needed access to high-bandwidth internet, but with modern companies, everyone needs this level of access. This went from a specialized, high-tech infrastructure to a need for every single company."

There's an "imperative" need for New York's data infrastructure to be modernized for the new wave of business and tech companies headed here, he added, and the Google expansion is proof.

"We are at a great moment for New York City tech businesses, and ancillary small businesses, start-ups and entrepreneurs who decide to come into the area as a result that are stuck on DSL and copper connectivity should not fall behind because data infrastructure and bandwidth are lagging," he said.

Less than a month after Amazon announced it would establish part of its HQ2 in Queens, Google announced on Monday that it's expanding in New York City, painting a picture of a tech future for the five boroughs. But is the city ready to handle two tech giants?

Google will create a more-than-1.7-million-square-foot campus in Hudson Square, investing more than \$1 billion into the Lower Manhattan neighborhood.

Google Hudson Square, as the company is calling its campus-to-be, will occupy 315 and 345 Hudson Street and 550 Washington Street. The company plans to move into the two Hudson Street buildings by 2020 and the Washington Street spot in 2022, once that building is complete.

Google Hudson Square will be the primary location for the company's New York-based Global Business Organization, but this is not Google's first foray into New York City.

Google first came here in 2000, marking the first Google office outside of California, which now houses more than 7,000 employees. In February, the company said it would lease more space at Pier 57, and in March, Google announced a \$2.4 billion purchase of the Manhattan Chelsea Market.

With this Google expansion and Amazon HQ2, Kathryn Wylde, president and CEO of Partnership for New York City, said that New York City's tech future is clear.

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CBS denies former CEO Les Moonves \$120M severance

CBS Corp. said on Monday it will not pay Les Moonves a \$120 million severance package as it girds for a likely legal battle with its former chief executive who has been accused of sexual harassment and assault that allegedly took place before and after he joined the company.

The decision to deprive Moonves of his severance and terminate his employment for cause follows a board of directors review of the findings of an investigation into Moonves' behavior and the CBS culture conducted by two law firms, Debevoise & Plimpton and Covington & Burling, hired by CBS.

"We have determined that there are grounds to terminate for cause, including his willful and material misfeasance, violation of company policies and breach of his employment contract, as well as his willful failure to cooperate fully with the company's investigation,"

CBS's board of directors said in a statement that did not disclose details of the investigation.

A draft report of the investigation was leaked to the New York Times this month. It accused Moonves of destroying evidence and seeking to mollify accusers with promises of jobs at CBS.

The report also included more accusations that Moonves advanced the careers of women who had sex with him and more accusers beyond the 12 disclosed in two New Yorker investigations that led to Moonves' forced resignation in September.

Moonves has denied any wrongdoing and has described his sexual encounters as consensual. His attorney, Andrew Levander, did not immediately return a call for comment.

The CBS board also said investigators found that harassment and retaliation were not pervasive at CBS but found that

its policies and practices failed to prevent past incidents.

Investigators did find that the company failed to hold "high performers" accountable for their conduct, the board said.

The board said it has retained outside advisers

to fix its human resources problems.

Last week, CBS named 18 recipients of a \$20 million donation drawn from Moonves' severance to support eliminating sexual harassment in the workplace.

REUTERS



GETTY IMAGES

BRIEF

Twitter tumbles on concerns about hacking activity

Twitter Inc. shares fell almost 7 percent after the company said it was investigating unusual traffic that might be from state-sponsored hackers and, in what appeared to be an unrelated issue, a security firm said hackers used the platform to try to steal user data.

Twitter said in a blog that it discovered suspicious traffic to a customer support forum while investigating a security bug that exposed data, including users' phone country codes and details on locked accounts. It said the bug was fixed Nov. 16.

Twitter observed a large amount of traffic to the customer support site coming from individual internet IP addresses in China and Saudi Arabia.

"While we cannot confirm intent or attribution for certain, it is possible that some of these IP addresses may have ties to state-sponsored actors," the blog said.

"We continue to err on the side of full transparency in this area and have updated law enforcement on our findings," it said.

A company spokesman declined to elaborate as Twitter shares posted their biggest drop in more than two months.

Wedbush analyst Michael Pachter blamed the decline on concerns that news of a breach



GETTY IMAGES

could hurt growth and user engagement.

"Clearly, a breach like this impairs user trust in the platform," he said.

Separately, security software maker Trend Micro Inc. said in a blog earlier on Monday that attackers sent out two tweets in October in a bid to steal data from previously infected machines.

The hackers hid instructions in tweeted memes that secretly ordered infected devices to send information, including user names, screen images and other content, Trend Micro said.

The Twitter spokesman declined comment on the Trend Micro report. REUTERS

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5 Key steps to join the 401(k) millionaires' club



NerdWallet is a personal finance website.

In 2013, Fritz Gilbert reached a goal he had worked toward for 28 years: His 401(k) hit the million-dollar mark.

With that tick to seven digits, Gilbert, who is 55, newly retired and founder of The Retirement Manifesto blog, joined an exclusive club: People who hit millionaire status with their 401(k)s. At Fidelity Investments, which holds over 16.2 million 401(k) accounts, only 187,000 had balances of \$1 mil-

lion or more at the end of September 2018. So how did Gilbert and the other savers do it? Slowly. Here are five keys to 401(k) millionaire success.

1 Start early

There's a barrier to building a seven-figure 401(k) balance that affects everyone: Annual contribution limits put a cap on how much can be added to the account each year.

The 401(k) contribution limit for 2018 — \$18,500, or \$24,500 for those 50 or older — isn't exactly stifling for most people. But it does mean the path to \$1 million requires an early start: Like Gilbert, the average 401(k) millionaire at Fidelity has been contributing for nearly 28 years.

Starting early also gives your money more time to grow, which means you capitalize

on compound interest — each year, investment returns are added to your balance, and the next year's return is based on that bigger balance.

2 Regularly increase your contributions

It's unlikely you'll be able to max out your 401(k) at your first job, or that you'll consistently max out year after year. That's fine.

Gilbert says he started by contributing 6 percent of his salary. Then, he increased his contribution each year by directing the majority of each salary increase into his 401(k) instead of his take-home pay.

3 Be patient

That compound interest referenced earlier? It starts out as a slow burn.

That's because the bigger your balance, the bigger the effect of compound interest. Let's say



Gilbert contributed \$10,000 to his 401(k) in Year One, and he earned a 6 percent return. He would start the next year with \$10,600.

At Year 15, however, a 6 percent return on \$250,000 amounts to \$15,000. Once compound

interest starts to pick up speed, you'll see your money quickly multiply.

"Saving for retirement is something you do over your entire career — it absolutely does not happen overnight," says Meghan Murphy, vice president at Fidelity Investments.

4 Take appropriate risk

Compound interest relies on investment returns. If you have a long time horizon — as most retirement savers do — you'll likely have a portfolio that is heavily tilted toward stocks and stock mutual funds, which historically have posted higher returns than other investments available through 401(k)s.

At Fidelity, 401(k) millionaires hold on average 77 percent of their assets

in equities, also known as stocks. Over the past year, 86 percent of the growth in those accounts came from market returns; only 14 percent was contributions.

Your 401(k) will allow you to invest in stocks through mutual funds, which pool investor money to purchase a selection of investments.

5 Keep a lid on your account

Taking loans or early distributions from your 401(k) stunts its growth. Fees — most notably expense ratios, which are annual fees charged by mutual funds — can easily erode your return. A recent NerdWallet analysis found that 401(k) fees can add up to a lifetime cost of over \$200,000, not including lost investment returns. **ARIELLE O'SHEA**

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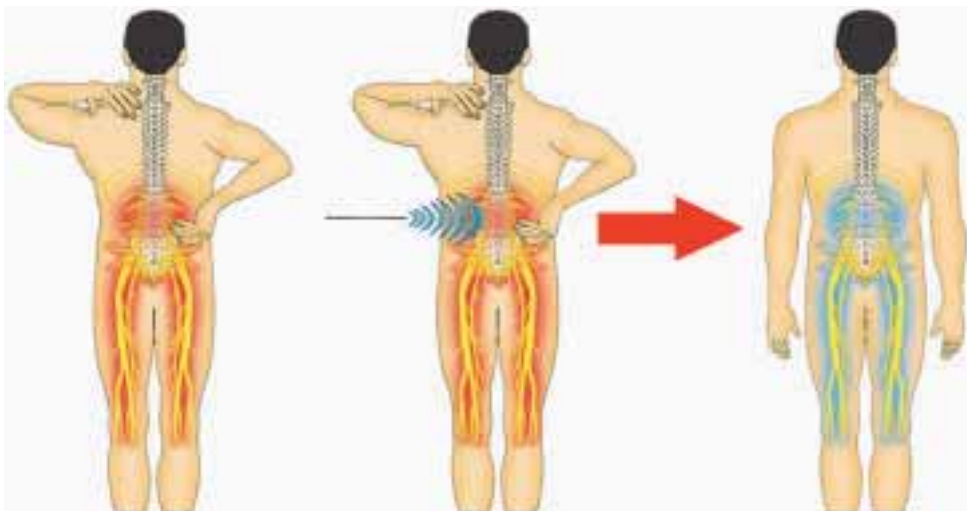
Radiofrequency waves delivered to these nerves under advanced precision medical imaging to target the damaged areas... done right in their own clinic without intimidating, expensive hospitals or surgical centers ... to "block" the painful nerve flow.

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You should also know this: While *NYC Pain MD* cannot help everyone...

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Pat King
Grumble Editor

READER WRITE-INS:

CUOMO'S CANARSIE TUNNEL OVERNIGHT TOUR



Gov. Andrew Cuomo's overnight tour of the L line's Canarsie Tunnel was just another in a series of publicity stunts. As usual, he brings no additional funding to pay for the obvious. Why has it taken

the MTA seven years after Superstorm Sandy to begin work on the L line tunnel, now scheduled to start in April 2019? What guarantee is there that work will be completed within 15 months

(by June 2020), or eight years after the initial damage? How many years has the MTA been unable to spend hundreds of millions in previously-approved Federal Transit Administration Grants for Hurricane Sandy

Recovery and Resiliency to pay for this work? Why does Cuomo continuously ignore Federal Railroad Administration safety requirements by not wearing mandated orange protective vests like all other

MTA employees when touring active track areas? The MTA has an army of experienced engineers and engineering-consultant firms. Why does Cuomo second-guess his own MTA senior management team by bringing in his own transportation experts? Who paid for this additional layer of bureaucracy?

— Larry Penner, Metro New York reader

Editor's note: Larry Penner is a transportation historian, advocate and writer who previously worked 31 years for the U.S. Department of Transportation Federal Transit Administration Region 2 NY Office.

VENT TO US!
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This is Bentley. He is a 7-month-old toy poodle from the Bronx. His Instagram page is [@bentleybronx](#). He's been enjoying the holiday season!

— Alexandria Nicole Salgado, Metro New York reader



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|---|---|
| <p> Aries Be careful what you wish for. Offers, gifts and found money are apparent, but expect to pay a price for what you receive. Personal gain will have stipulations attached.</p> | <p> Libra A change in the way you feel about someone will lead to a surprise that will bring you great joy. Travel plans or a promise you make will brighten your day.</p> |
| <p> Taurus Concentrate on personal changes that will make you look and feel your best. If you put quality before quantity, you will be happy with the results. Romance should be a priority.</p> | <p> Scorpio Update your look or pick up something that will give you the sophisticated appearance you searching for. Your uniqueness will be admired. Romance is highlighted.</p> |
| <p> Gemini Don't let your generosity leave you short of funds. It's OK to help others, but first look out for yourself and your loved ones. Indulgent tendencies should be squelched.</p> | <p> Sagittarius Be reasonable when engaging in festivities or offering your services to others. It's important to put your time and effort where they will count most. Put family first.</p> |
| <p> Cancer You'll come up with a great gift idea for a loved one. Strive for stability and equality when it comes to important relationships. A physical improvement will fetch compliments.</p> | <p> Capricorn Make a couple of minor adjustments at home to help prepare for special events or settle in for family fun. Romance is highlighted.</p> |
| <p> Leo A change will take place if you get together with colleagues or sign up for activities that include older or younger friends or relatives. An offer or proposal looks interesting.</p> | <p> Aquarius Make changes for the right reasons, not because someone else wants you to make them. Being helpful is one thing, but letting others take advantage of you is another.</p> |
| <p> Virgo Pick up small items that you want to have on hand for the upcoming festivities. Make arrangements to visit older friends and relatives or include them in your plans.</p> | <p> Pisces A reasonable request should not be denied, but you must know where to draw the line. Someone's behavior should be pointed out if it's upsetting people you love. EUGENIA LAST</p> |

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LIFESTYLE

The comedian really wants everyone to know that she's not nice all the time.



ANDREW HUSBAND
letters@metro.us

Last week, Ellen DeGeneres made waves on social media when a New York Times profile hinted that she was considering leaving her daytime talk show. The comedian, whose new Netflix special "Relatable" debuts on Tuesday, recently extended her contract to 2020. However, as the 60-year-old entertainer notes in the interview, she almost didn't because of her brother, who has been "making the case that in the age of Trump, the country needs her positive, unifying voice on

No, Ellen DeGeneres isn't leaving her talk show to become more 'Relatable'



Ellen DeGeneres' new special is now on Netflix. **NETFLIX**

television every day."

"She gets mad when my brother tells me I can't stop," DeGeneres says of her wife, the actress Portia de Rossi. In response, the latter says that Ellen is "such a brilliant actress and stand-up that it doesn't have to be this talk show for her creativity" since "there are other

things she could tackle." In other words, why should the comic, who hasn't released a comedy special in 15 years, relegate herself to daytime television only?

The profile notwithstanding, DeGeneres opens up about her concerns with continuing the talk show in "Relat-

able." In fact, it serves as the crux for the special's title, which comes from a friend who asked the comic if she would even do stand-up anymore if she couldn't be as relatable to audiences as she was before the talk show? After all, the long-running program has afforded her a great deal of fame,

much of it her own doing.

"A few years ago, I started ending my show by saying 'be kind to one another,'" she says toward the beginning of the special. "It's a wonderful thing, it is, but here's the downside. I can never do anything unkind ever now. Ever. I'm the 'be kind' girl. And I'm kind. I'm a good person. I know I am, but I'm a human being and I have bad days. I'm in traffic like you. I drive. But I can't do the things you do because I'm the 'be kind' girl."

Of course, like most comedians, DeGeneres is simply drawing from her own life experiences in order to set up a series of jokes for her audience's amusement. She does this here, in this moment, while talking about being labeled for her "be kind" statement, and she does it at the very beginning when she jokes about whether or not she's still

relatable.

Yet that doesn't negate the truth behind these claims, funny and otherwise. For as her New York Times profile revealed, DeGeneres almost turned down the chance to extend her contract to 2020. That is to say, her daytime talk show almost came to an end before the profile, "Relatable," or anything relating to it was ever made public. When viewers tune in this afternoon to check out the latest episode of "Ellen," however, DeGeneres, her producer Andy Lassner and the screaming audience members will still be there. Positive social media stories will still be highlighted, checks and gifts will still be distributed, and celebrity guests will still be scared. The talk show is here to stay, for now, and the new special is here to give DeGeneres another outlet.

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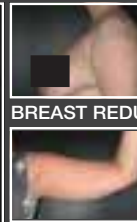
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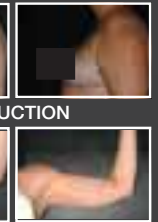
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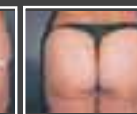
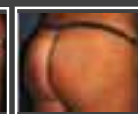


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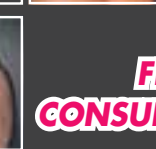
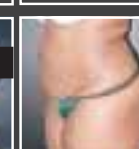
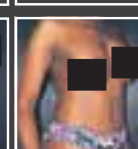


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How true is 'Welcome to Marwen'?



Steve Carell stars as Mark Hogancamp.



Mark Hogancamp and his supportive friend Roberta (Merritt Wever) with the dolls of Mark's fictional town in "Welcome to Marwen."

Director Robert Zemeckis talks us through it.



GREGORY WAKEMAN
Gregory.Wakeman@metro.us

It didn't take long for Robert Zemeckis to realize that the 2010 documentary "Marwencol" had all the ingredients for a feature-film adaptation.

"I was channel-surfing one night and it was playing on PBS," Zemeckis tells Metro. "After about 15 minutes, I started to think there was the germ of an idea that could be expanded into an interesting and compelling feature film."

The story that Zemeckis found so "hopeful" was that of Mark Hogancamp, who, after being violently assaulted and left for dead by five men just for admitting to being a crossdresser, constructed and photographed a miniature

World War II village in an attempt to regain his memory.

"It is about the triumph of the human spirit," explains Zemeckis. "Even more than that I was fascinated by the idea that it spoke to the healing power of art. That it was vital that this guy invented a new art form because he couldn't draw anymore."

"He used that new art form of photography to create this world that allowed him to process this incredibly tragic thing that happened to him. I thought that was really magnificent."

When "Welcome to Marwen" dives into the doll world that Mark has created, we see animated, doll-like versions of Steve Carell, who plays Hogancamp, as well as Leslie Mann's Nicole, Merritt Wever's Roberta, Janelle Monae's GI Julie, Eiza Gonzalez's Caralala, and Gwendoline Christie's Anna, each of whom perform



the heroic actions that Mark envisions, which helps him deal with his PTSD.

In order for "Welcome to Marwen" to work, Zemeckis knew it was essential that these animated sequences blend perfectly with the real-world scenes, especially when it came to tone.

"You don't want it to be sentimental or melodramatic. It is a balance that you have to do in most stories that you tell."

"The key to it is dealing honestly with things that are very much real

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The dolls of Nicole (Leslie Mann) and Cap'n Hogie (Steve Carell).
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and not sugarcoating them or making them a fairy-tale story. I could do that in the doll world, but not in the real world with Mark."

But while Zemeckis was so inspired by Mark Hogancamp's story and art that he immediately set out to write and direct "Welcome to Marwen," he only used the real events as a springboard rather than strictly adhering to the truth.

"It is not another documentary," says Zemeckis. "But it certainly uses the real events as big

Robert Zemeckis.
GETTY IMAGES

bullet-point events in his life story. As an outline, if you will. As a springboard.

"But most of the movie is more fictionalized, rather than it being another document again of what happened to him. Because in the documentary, he tells us the story.

It's not dramatized in any way."

There's one important distinction between "Marwencol" and "Welcome to Marwen," insists Zemeckis.

"The key difference between the two is, I saw that between these photographs he took were these elaborate stories in the doll world that were only in his mind's eye. I thought that should be where most of the movie takes place, in the doll world."

"Welcome to Marwen" opens in theaters Dec. 21.

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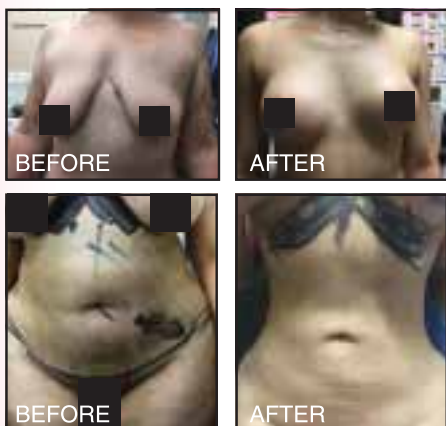
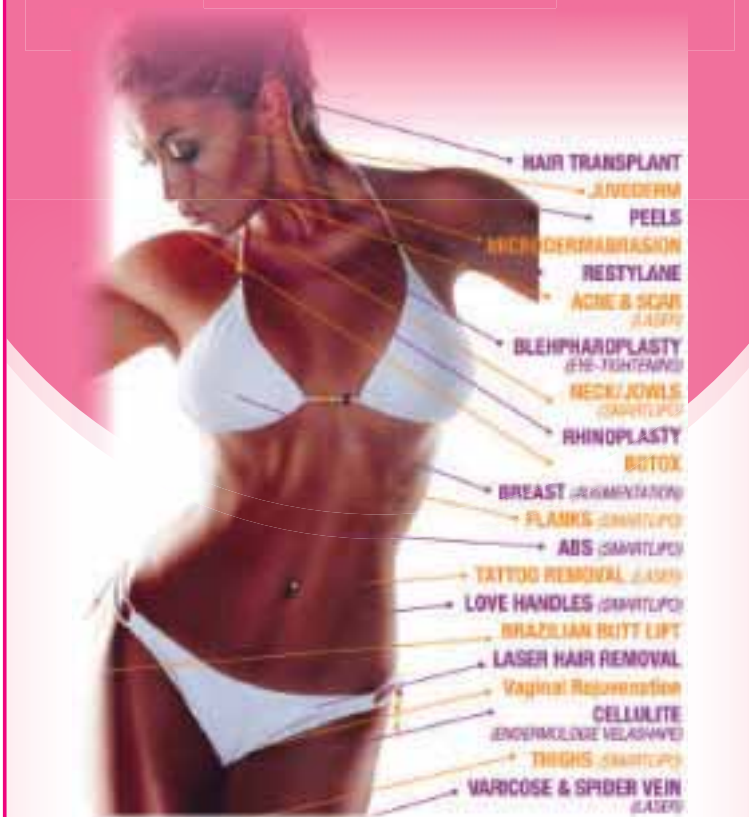
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26th St., blackbarnrestaurant.com

Gemma

This warm Italian trattoria is a beloved respite from the see-and-be-seen crowds on the Bowery. Head to Gemma on Christmas Eve for a prix-fixe feast inspired by Executive Chef Carlo Bigi's Italian roots, including that essential cold-weather favorite ribollita Toscana soup, Piedmontese ravioli and slow-roasted suckling pig. \$72, 335 Bowery, 212-505-7300, theboweryhotel.com

Feinstein's/54 Below

Enjoy Christmas dinner with a show at the Theater District's basement cabaret Feinstein's/54 Below, a special concert of Christmas songs

performed in Broadway shows while you nosh on dishes like poached lobster with lemon ricotta ravioli and espresso-marinated hanger steak. 9:30 p.m., 254 W. 54th St., tickets \$35-\$45 with a \$25 food/beverage minimum, 54below.com

Legasea

Good seafood without the fussy atmosphere is the goal at Legasea. Since it's a Tao Group spot, it can get a little scene-y, but the holidays should be a good chance to appreciate the work of former Craft chef Jason Hall, who's turning classics into modern pleasers like spicy crab beignets and trendy cauliflower carbonara (the "turf" crowd has options, too). Swing by

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Spicy crab beignets at Legasea. JUSTIN LEVY

either Christmas Eve (5-11 p.m.) or Christmas Day (11:30 a.m.-10 p.m.) for the special Seven Fish Cioppino as well as the full regular menu — and don't sleep on the seasonal Pink Velvet Hot Chocolate. 485 Seventh Ave., moxy-hotels.marriott.com

Joseph's

Below the cobbles of the Financial District you'll find the energy of old New York with a Feast of the Seven Fishes to remember at family-owned Joseph's. Their Christmas Eve tasting menu takes you under the sea with dishes like housemade gaganeli with jumbo lump crab, crispy sea bass with a squash caponata or the formidable Lobster Pyramid. \$79, 3 Hanover Sq., josephsnyc.com

Atomix

One of the most lauded restaurants of 2018, New Korean sensation Atomix is usually closed on Monday night but they're making an exception for Christmas Eve. Enjoy a nine-course tasting menu with indulgent items like caviar, langoustine and miyazaki wagyu at their intimate basement counter. \$275, *seatings at 6 & 9 p.m.*, 104 E. 30th St., atomixnyc.com

The Wayfarer

After seeing the sights in Midtown, take the fam for some easy-to-love New American cuisine at The Wayfarer. Look out on the bustling city outside — and if you're lucky, snow! — from its huge floor-to-ceiling windows while enjoying its revamped menu of smaller plates with more veggie options like the Faux Gras Torchon with maple-roasted walnuts, Tater

Tots Caviar and Heritage Pork Chop. 101 W. 57th St., thewayfarernyc.com

Tavern on the Green

If there's a time to go classic, it's Christmas Eve. Tavern on the Green has turned its courtyard into a festive fir forest with twinkly lights and decorated throughout for all those obligatory holiday photo ops. For dinner, there's a four-course menu on Christmas Eve and Christmas Day with options including wild mushroom gnocchi, glazed ham with rum-roasted pineapple and spiced eggnog creme brulee. \$125, 67th Street and Central Park West, *reserve at 212-877-8684*, tavernonthegreen.com

The Dutch

Handmade pasta, oysters, seasonal produce and housemade desserts — Andrew Carmellini's new classic The Dutch was quietly doing everything right before they became trendy. Return to this SoHo gem for Christmas Eve brunch or dinner and order anything off the menu, from the hot fried chicken to the oyster sliders, because it's all delicious. 131 Sullivan St., thedutchnyc.com

Bar Moga

Don't let the name fool you — Bar Moga is an upscale Japanese cocktail lounge serving a unique menu: American comfort foods with Japanese twists, a cuisine popularized during the 1920s. On Christmas Eve, reserve your spot for a special four-course menu of hits like the Japanese-Jamaican spiced jerk pork and milk bread with mascarpone cheese ice cream. 5 p.m.-midnight, 128 W. Houston St., barmoga.com



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HEALTH

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Are you getting your full eight hours?



PAT KING
patrick.king@metro.us

How much do you value a full night of sleep? While the standard recommendation has always been between seven to nine hours of sleep a night, with all of life's distractions in this hyperactive modern era that expectation can be a little unrealistic for many. A recent study by the Good Body claims 35 percent of Americans do not get the recommended amount of sleep a night. They also found that on average, most people tend to get around 6.8 hours. This is a startling discovery as the national average was nine hours a night in 1910.

So what went wrong? With how fast things move these days with the emergence and reliance of technology, the barriers between work and home life have begun to blur more than ever before. With the convenience of smartphones, we can access our work and personal



emails and schedules within a couple of swipes. Many people also rely on their phones as an alarm clock and as a result, the National Sleep Foundation found that 71 percent of all Americans "have [their smartphones] in bed with them, or have it on their nightstand."

All of these factors can build up a considerable amount of stress, and eventually lead to the development of such disorders like ADHD, depression, and obsessive-compulsive disorder. "If you are stressed, basically what you do is you keep thinking about it,"

71%

Of all Americans "have [their smartphones] in bed with them, or have it on their nightstand."

says Vasudha Gupta, an Ayurveda physician with the "100 percent holistic" herbal supplement American Ayurveda. "Although you can't do anything concrete about that situation, you keep thinking about it. When you keep thinking about it, you tend to

lose some sleep, because your brain is all over."

As getting a full night of sleep becomes increasingly more difficult, many people turn to the help of sleeping pills to help them ease into slumber. But this may be an issue as well, as some of these drugs can become habit-forming. With natural alternatives such as American Ayurveda, and with the right combination of powering down your devices, not eating before bed and, believe it or not, rubbing your feet with warm essential oils, you can reach a point of relaxation without

"Our product has Indian herbs such as ashwagandha, turmeric, and Brahmi, which basically strengthen your immune system and also your nervous system," explains Gupta. "When it strengthens both of these systems, what happens is your brain starts functioning properly and your body gets control over sleep. This is not like modern medicine, where you take a pill and it knocks you out. Even if it knocks you out, your brain keeps working in the background and when you wake up, you are not rested."

By getting a full night of sleep, you will notice that things will start falling into place within your day-to-day life. You will be energized enough to go on that run you always talk about. You will be focused more at work and able to tackle daily tasks in a more efficient way. Plus, maybe you can even cut down on that extra midday cup of coffee.



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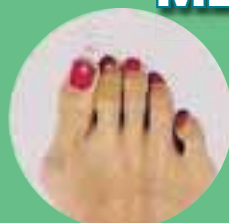


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If the Yankees are not sold on Manny Machado, Nolan Arenado could be the team's answer in free agency come next year. GETTY IMAGES

Could the Yankees be lining up for a run at 3B Nolan Arenado?

The Yankees seem keen on trading Miguel Andujar, but it might not be to line up a big move this winter.

**JOE PANTORNO**
joseph.pantorno@metro.us

It'd be a stretch to label the New York Yankees' offseason as a success so far.

After trading for James Paxton, general manager Brian Cashman lost out on Nathan Eovaldi and Patrick Corbin, prompting him to re-sign J.A. Happ in order to bolster his rotation.

As they pursue the defending World Series champion Boston Red Sox, the Yankees are still one or two notable moves away from seriously challenging their archrivals from Beantown.

That move could very well come in the form of splurging for free-agent

infielder Manny Machado, who is beginning his nationwide tour to meet with interested teams this week. He'll be meeting with Cashman and the Yankees on Wednesday.

While he would be an immediate replacement for the injured Didi Gregorius, the Yankees look as though they want to completely overhaul the left side of their infield. The Athletic's Ken Rosenthal reported on Monday that "a number of rival executives are convinced" that New York is looking to trade third baseman Miguel Andujar.

Andujar's name popped up in trade talks last week during Major League Baseball's Winter Meetings, most notably in a proposed three-team deal between the Yankees, New York Mets, and Miami Marlins. The Mets would have received J.T. Realmuto while the Yankees would have sent Andujar to the Marlins

and received Noah Syndergaard.

Now dealing Andujar, who was the runner-up in the American League Rookie of the Year voting in 2018, while signing Machado would ensure the left side of the Yankees' infield does not become jammed. Gregorius would return to shortstop while Machado would slot in at third once the former fully recovered from Tommy John surgery.

But what if the Yankees have no intention of picking up Machado?

The 26-year-old's value took a serious hit over the past few months after showing a lack of hustle during a subpar postseason. For a player possibly asking for a \$300 million contract, he could prove to be quite an expensive risk for a Yankees team on the cusp of challenging for a championship.

Trading Andujar, which might not happen this winter, could open a spot up at third base for

the Yankees to go all out on a pursuit of Colorado Rockies slugger Nolan Arenado, who becomes a free agent following the 2019 season.

The 27-year-old has been the premier offensive-hitting third baseman in baseball, averaging 40 home runs and 126 RBI per season dating back to 2015 while slashing .297/.358/.573. That's not seen often in baseball history as he joins Hall of Famer Jimmie Foxx as the only player to record three seasons with 35 home runs and 130 RBI before his 27th birthday.

But he's only been to the postseason once in his six-year career, hinting that he's unhappy in Colorado. Granted, he gave the below statement in July before the Rockies rallied to win the NL Wild Card before losing to the Milwaukee Brewers in the NLDS:

"I don't want to lose anymore. I just hate it," he told USA Today Sports. "It's tough on you. I

want to win a division so we actually play a series. I see the Dodgers, and the guys over there, and they've won [the NL West] the last five years. I know some of the Giants players. They've got their World Series rings. I'm jealous."

Joining the Yankees would make a formidable lineup that much more intimidating while skyrocketing his chances of getting that elusive World Series ring; New York trading Andujar would make it easy to slot Arenado straight into the plans.

If the 2019 season progresses and the Rockies are not in contention, the July trade deadline could feature Arenado as a prominent rental. Should the Yankees hold on to Andujar and be willing to take the risk of re-signing Arenado next winter, it wouldn't be out of the realm of possibilities to see a blockbuster deal go down this summer.

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Dolan sets price for Knicks sale

The Knicks owner revealed that the NBA franchise could be had at the right price.



JOE PANTORNO
joseph.pantorno@metro.us

For New York Knicks fans wishing for James Dolan to sell the team, they are in need of a loaded knight in shining armor.

Dolan told ESPN's Ian O'Connor that he doesn't want to sell the Knicks, but has had "the feelers" out at around \$5 billion. The Knicks were priced by Forbes earlier this year as the seventh-most expensive sports franchise in the world at \$3.6 billion.

The 63-year-old has owned the Knicks since 1999 and has been unable to consistently pull them out of the trenches of mediocrity. He's fallen under fire for poor business de-



Knicks owner James Dolan revealed that he would sell the Knicks for \$5 billion. GETTY IMAGES

cisions including the hiring of head coaches and front-office members, swollen player contracts, and his seeming disconnect from up-to-the-minute happenings within the franchise.

Don't forget the Charles Oakley fiasco, either.

After making the playoffs for the 12th-consecutive season and the NBA Finals during Dolan's very first year as owner, the Knicks have since had just five winning seasons while making the post-season six times in the weak Eastern Conference. They've never gotten

further than the second round of the playoffs.

Dolan is on his 12th head coach in David Fizdale as the Knicks continue a two-decade rebuild. Through 31 games, only three teams in the Eastern Conference have a worse record than the 9-22 Knicks.

However, there is a bright future ahead of Dolan and the Knicks, which could prompt the right suitor to offer that lucrative \$5 billion for the franchise.

Fizdale is nurturing a young, inexperienced roster and has proven to be a player's coach who

will get the most out of his team. A young core looks to be in place with Kevin Knox soon teaming up with the recovering Kristaps Porzingis.

Then comes the summer of 2019, where the Knicks are poised to have two max-salary roster slots available that could see them come away with big-name free agents like Kevin Durant or Kemba Walker.

In the blink of an eye, the Knicks can quickly become contenders in the Eastern Conference and bring back some pride to the hardwood at Madison Square Garden.

It provides promise for a new age in New York City that will only be accelerated should Dolan find the right buyer to take over one of the most expensive sports franchises in the world.

In a statement obtained by Metro on Monday evening, Dolan said that "there are no plans to sell the team."



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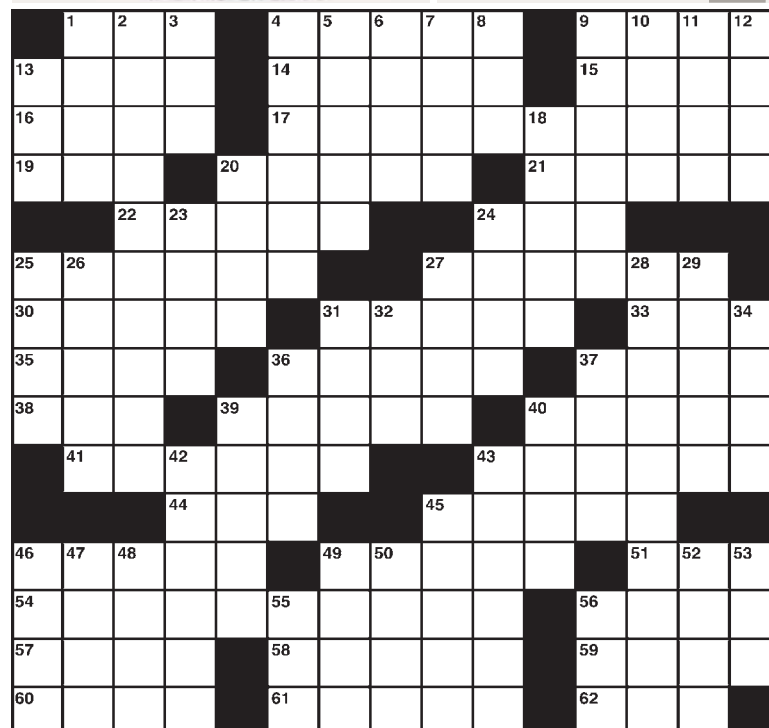
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- 1 Mrs. Nixon
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9 ___ of the Apostles; biblical book
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15 Opposite of "Giddyap!"
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17 The whole kit and caboodle
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22 Lasso's end
24 Friend
25 Grow up
27 Firstborn of several
30 Mistreat
31 Rascal
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35 Harbor town
36 Hunger pains
37 Nylons
38 Johnny Cash's "A Boy Named ___"
39 Heroic tales

- 40 Disastrous defeats
41 Sleeplike state
43 Head covering
44 ___ for tat
45 Obsolete
46 Ice cream server
49 British fellow
51 Steal from
54 Pen name
56 Boyfriend
57 Gung ho
58 Hole maker
59 BPOE folks
60 Understands
61 Penniless
62 Suffix for prior or count

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2 Swashbuckler
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6 Middle ___; historical period
7 Uncovered
8 ___ as a fox
9 For ___; temporarily
10 Facial feature
11 Heavy weights
12 Cooking herb
13 English rock band
18 Exchange
20 ___ over; study intently
23 Kick out
24 Adder's sign
25 Atlas pages
26 Approximately
27 Breakfast order
28 Disreputable fellows
29 1 of the 5 senses
31 Hothead's problem
32 "Cat ___ Hot Tin Roof"
34 In case
36 Treaty
37 Make sharper
39 Shoot from hiding
40 Learn by ___; memorize
42 Disagreeing
43 Pleasant-smelling shop
45 Like a capitol roof
46 Unexpected obstacle
47 Sheltered bay
48 Exclude
49 "___ Skies"; Irving Berlin song
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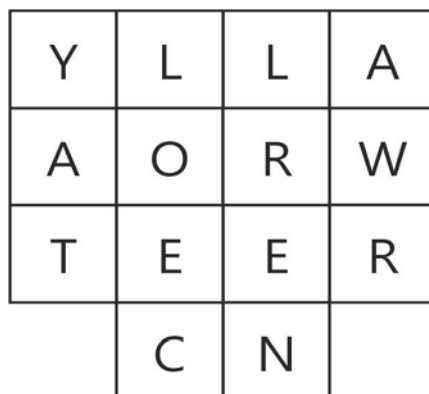
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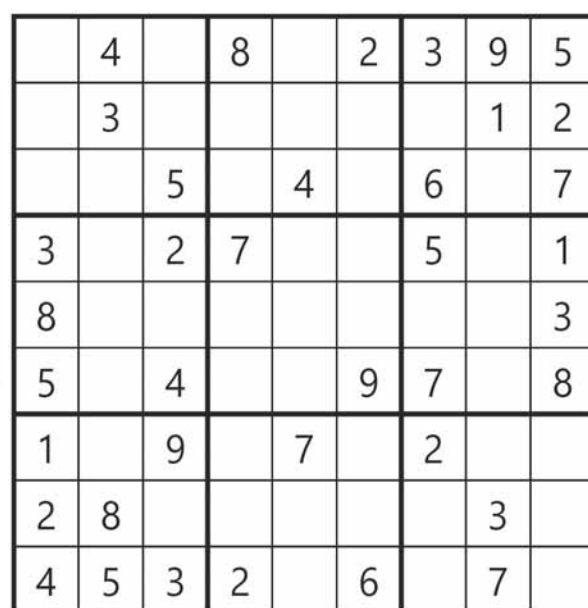
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